

# 3-4th Cav. spouses saddle up to earn their spurs

Story and photo by  
**1ST LT. TIMOTHY KAREFA-JOHNSON**  
3rd Squadron, 4th Cavalry Regiment  
3rd Brigade Combat Team  
25th Infantry Division

SCHOFIELD BARRACKS — Following the time-honored cavalry tradition of earning one’s spurs, spouses of the 3rd Squadron, 4th Cavalry Regiment “Raiders,” 3rd Brigade Combat Team,

participated in a spur ride hosted by the unit, Sept. 12.

To begin the event, the spouses were divided into individual troop teams and transported to the first event, the obstacle course. Stetson-clad troopers from Blackfoot Troop, who led them through the physically challenging tasks, met the spouses at the course.

Spouses then had to complete challenges

wearing a helmet, fighting load carrier, gloves and eye protection.

“We hoped the obstacle course would give them a real taste of the physical rigors of training as a cavalryman,” said Lt. Col. David Zinn, commander, 3-4th Cav.

Next, the spouses were taken to the “shoot house,” where they received a class on weapon handling and room clearing. Then, in teams of four, they cleared enemy targets from three rooms with M4 assault rifles loaded with blank rounds. As the spouses maneuvered through the shoot house, their Soldiers observed and motivated them from the catwalk above.

“It felt good to experience what my husband had to do in Iraq,” said Erica Smith, wife of Capt. Quinton Smith, commander, Troop D. “I know it wasn’t exactly the same thing, but it felt good to try and understand what goes through a Soldier’s mind when clearing a room.”

The final event of the day was the

live-fire range. For some, it was the first time firing live rounds. Firing from the prone supported position, the spouses fired 40 rounds at targets. They then moved over to the M240B machinegun, where they fired a 40-round belt of 7.62mm blank rounds.

Apache Troop also provided two humvees with Long Range Advanced Scout and Improved Target Acquisition systems mounted on top, to demonstrate some of the capabilities of Cavalry Scouts.

To conclude the spur ride, the spouses were presented awards, such as Top Gun and Top Gun Team, for the best shooters at the live-fire range. The best room-clearing team received the SWAT award. The best team to perform the obstacle course received the Military Movement Expert award.

“This was a fantastic event for the spouses to learn how to challenge themselves physically,” said Zinn.

*(Editor’s note: Karefa-Johnson is the unit public affairs representative for 3-4th Cav. Regt.)*



Melissa Zinn, wife of Lt. Col. David Zinn, commander, 3rd Sqdn., 4th Cav. Regt., 3rd BCT, 25th ID, fires an M4 assault rifle at targets during a Spouses Spur Ride, Sept. 12.

PTA

POHAKULOA TRAINING AREA

Best FiST generates team building

**CAPT. ERIC SWANSON**  
2nd Stryker Brigade Combat Team  
25th Infantry Division

POHAKULOA TRAINING AREA, Hawaii — Artillerymen from across 2nd Stryker Brigade Combat Team went toe-to-toe in a grueling 48-hour fire support competition, here, on the island of Hawaii.

only verifies the training and knowledge of fire supporters across the brigade, but also provides each team the opportunity to measure itself against the other teams.

This year, Troop C, 2nd Battalion, 14th Cavalry Regiment’s FiST, made up of 2nd Lt. Michael Gillcrist, Staff Sgt. Kyle Smith and Spc. Kristopher Gonzalez, was crowned 2nd SBCT’s best FiST, here.

“We have a good, solid team, led by a terrific fire support sergeant and great, hard working junior enlisted,” said Gillcrist. “The team always takes pride in what they do, and they continuously excel.”

Forward observers, a term used synonymously with fire supporters, observe mortar, cannon and rocket fires to integrate effects with their maneuver brothers and sisters. They can also synchronize attack helicopter and close air support, or fixed wing fires, to achieve joint effects in support of operations. Combining all of these elements effectively is a difficult task that requires advanced training.

The results of the competition allow commanders and fire support officers to tailor their training plans and ensure all forward observers across the brigade are maintaining basic fire support skills. Physically and mentally challenging, the training provided the opportunity for company fire support officers and non-commissioned officers to measure the determination and capabilities of their Soldiers.

When asked what his team did to prepare for the competition, Gillcrest said, “We were dedicated to work hard every day at PT to ensure we would be as fit as possible. We focused our train-up on our weaknesses, so we were well rounded for every event.”

Troop C expects to maintain that distinction during next year’s competition.

When not competing for the title Best FiST, forward observers certified on indirect fire systems.

In order to certify, forward observers must accurately call for fire on a target, recognize enemy weapon systems and demonstrate their knowledge of ammunition to gauge how to generate the best effects on a target. The testing leaves very little room for error, ensuring each fire support team is the best at what it can do.

Throughout the exercise, forward observers participated in key training events that tested their knowledge of equipment and ability to integrate fires from multiple sources. The training also offered the opportunity to practice integrating a multitude of assets from across the 25th Infantry Division.

All 2nd SBCT FiSTs participated in a defensive live-fire scenario, where forward observers honed their skills while controlling attack aviation, mortar and artillery fires simultaneously.

As a result of this training the brigade’s fire supporters gained valuable experience in planning and controlling joint fires. An added result of the training was the team-building aspect as observers, fire direction officers and howitzer crews learned to work together and strengthen relationships within the fires community.



Staff Sgt. Andrew Hudman (left), section chief, inspects a round and propellant prior to firing during Battery B, 2nd Bn, 11th FA Regt.’s table XII certification and qualification. (Photo by 2nd Lt. Shea Orr, 2nd Battalion, 11th Field Artillery Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division)



(From left) 2nd Lt. Michael Gillcrist, FSO; Staff Sgt. Kyle Smith, FSNCO; and Spc. Kristopher Gonzalez, FS specialist, from Troop C, 2-14th Cav. Regt., win Best FiST. (Photo by Capt. Andrew Krumm, 2nd Battalion, 11th Field Artillery Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division)



A Chinese People’s Liberation army/navy (PLAN) Harbin Z-9 helicopter locates a simulated distressed vessel off the coast of Oahu, Sept. 9, during a joint at-sea search and rescue exercise with 25 UH-60 Black Hawks.

## 25th CAB joins US, PLN navies for joint SAR

Exercise simulates distress call and responses at sea

Story and photos by  
**CAPT. RICHARD BARKER**  
25th Combat Aviation Brigade Public Affairs  
25th Infantry Division

PACIFIC OCEAN — The 25th Combat Aviation Brigade participated in a joint, at-sea, search and rescue exercise with the U.S. Navy and the Chinese Peoples Liberation Army/Navy (PLAN), just south of Oahu, Sept. 9.

The exercise, which simulated a distress call from a vessel at sea, highlighted the ability of both nations and multiple services to cooperate and communicate at sea as they worked together to locate and recover the distressed vessel.

The PLAN participated in the search with the

**RELATED STORY**  
• Read more on FiST, p. A-7.





The HAW is an authorized newspaper, produced in the interest of the U.S. Army community in Hawaii by the U.S. Army Garrison Hawaii Public Affairs Office. Contents of the HAW are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The HAW is printed by the Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Govt., under exclusive written agreement with U.S. Army, Hawaii.

The HAW is published weekly using the offset method of reproduction and has a printed circulation of 15,300. Everything advertised herein shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

The appearance of advertising herein, including inserts and supplements, does not constitute endorsement by the Dept. of the Army, or the Honolulu Star-Advertiser, of the firms, products or services advertised.

**Commander, U.S. Army Garrison-Hawaii**  
Col. Daniel W. Whitney  
**Garrison Command Sergeant Major**  
CSM Philip J. Brunwald  
**Director, Public Affairs**  
Dennis C. Drake  
656-3154  
**Chief, Internal Communication**  
Aiko Rose Brum, 656-3155  
aiko.brum@us.army.mil  
**News Editor**  
John Reese, 656-3488  
news@hawaiiarmyweekly.com  
**Pau Hana Editor**  
Jack Wiers, 656-3157  
community@hawaiiarmyweekly.com  
**Staff Writer and Photo Editor**  
Sarah Pacheco, 656-3150  
sarah@hawaiiarmyweekly.com  
**Layout**  
Estrella Dela Cruz-Araiza  
**Advertising:** 529-4700  
**Classifieds:** 521-9111  
**Address:**  
Public Affairs Office  
314 Sasaoka St., WAAF Building 300, Room 105  
Schofield Barracks, HI 96857-5000  
**Website:**  
www.hawaiiarmyweekly.com  
**Nondelivery or distribution**  
656-3155 or 656-3488

Contributing Tenant Commands  
**U.S. Army-Pacific**  
Russell Dodson, 438-2662  
**25th Infantry Division**  
MSG Rodney Jackson, 655-6354  
**2nd Stryker Brigade Combat Team**  
SSG Sean Everette, 655-6233  
**3rd Brigade Combat Team**  
CPT Evan Scritchfield, 655-1083  
**25th Combat Aviation Brigade**  
CPT Richard Barker 656-6663  
**8th Theater Sustainment Command**  
SFC Mary Ferguson, 438-1000  
**311th Signal Command (Theater)**  
Liana Mayo, 438-4095  
**94th Army Air & Missile Defense Command**  
SFC Karry James, 438-2945  
**9th Mission Support Command**  
Brian Melanephy, 438-1600, ext. 3114  
**18th Medical Command (Deployment Support)**  
SSG Nicole Howell, 438-4737  
**Tripler Army Medical Center**  
CPT Eren McBride, 433-2809  
**U.S. Army Corps of Engineers-Honolulu District**  
Joe Bonfiglio, 835-4002  
**500th Military Intelligence Brigade**  
SSG David Padilla, 655-1237  
**599th Transportation Surface Brigade**  
Donna Klapakis, 656-6420

# Suicide prevention remains ongoing, year-round battle

**TERRI MOON CRONK**  
American Forces Press Service

WASHINGTON —The Defense Department and the military services have made inroads in suicide prevention, but work remains to be done, the vice director of the Joint Staff told an audience of military chaplains, here, this week.

Army Maj. Gen. Frederick S. Rudesheim addressed the Chaplains’ Resilience and Suicide Prevention Forum at the Pentagon, Sept. 10, to mark the observance of World Suicide Prevention Day.

“All the services are focused and engaged on preventing suicide and enhancing resilience, and have been for a while,” Rudesheim said. “And we continually try to think of new and better ways to improve on our efforts. But I think there are a few things that haven’t changed over the years. We’ve been working this a long time.”

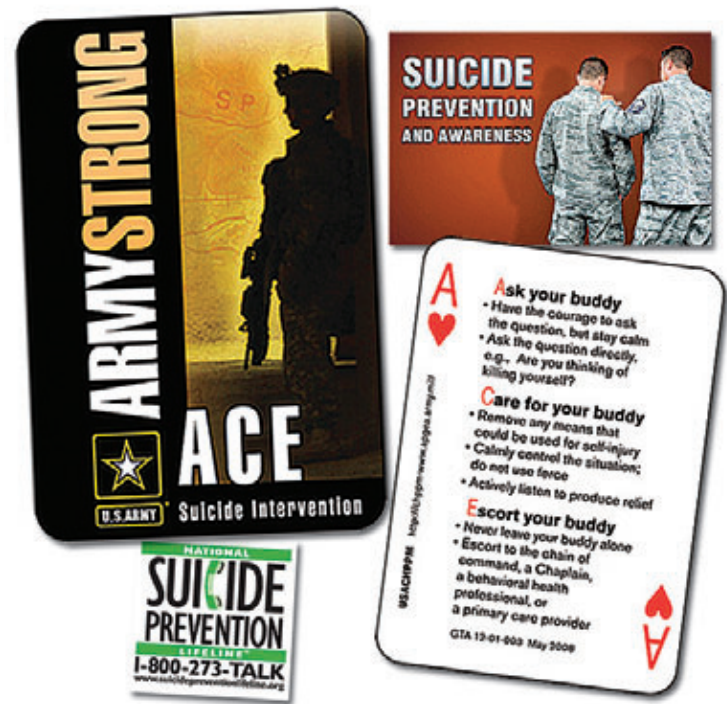
Many decisions can be made at the policy level, and programs can be executed, but ultimately, he said, “it’s at the very lowest level where we’re making a difference — or not.”

An important factor to remember in suicide prevention is that it’s personal, Rudesheim told the chaplains.

“It’s (about) knowing the Soldiers, Airmen, Sailors, Marines, civilians ... and chaplains are great at that,” he said. “Chaplains know their folks. You build rapport beforehand.”

The general said he appreciates chaplains for their immediate and direct contact with troops.

“As I’ve come up in the ranks, I’ve always gone to the chaplains to figure out how things are going in the unit,” Rudesheim said. “The chaplains will tell me straight and tell me what’s on Soldiers’ minds, what’s going right



and what’s going wrong.”

But suicide prevention is a long-standing effort in the military, he said.

“It is not going to end. There’s no finish to it,” he said. “There is no ‘we finally beat this.’ I don’t mean to be a negative force, but I’m telling you we can drive down percentages; we can work this as hard as possible, and we need to.”

Suicide prevention is not an issue that calls for a surge, but rather is something that is done as a matter of course, Rudesheim said.

“This is something we have to do as part of who we are ... because it’s going to be with us,” he added. “There are external factors that drive things up and down, (and) ... there will be set-

backs and challenges, but the fact of the matter is, we’re in the fight all the time.

“It’s a constant effort and something we grow up knowing,” he continued. “If we don’t, there’s something wrong with our upbringing, and I’m talking about professional growth as leaders.”

Rudesheim told the chaplains that suicide prevention must reach down to individuals directly and grab them on a personal level.

“We’ve made inroads. Some of the services have brought down their numbers,” he said. “But there’s no declaring victory. There is just the fight, because it’s what we owe our Soldiers, Airmen, (Sailors) and Marines.”

## BACKTObASICS

# What should be the garrison focus?

## Responsibility must be instilled by leaders for accountability

**SGT. MAJ. EDWARD LEONARD**  
Tripler Army Medical Center

As active conflicts across the world lessen, the wartime posture of the past decade is transforming to one that returns focus on garrison operations.

During this transition, the basic concepts of individual responsibility and accountability requires direct emphasis, since they transcend both peace and war.

Merriam-Webster defines accountable as “answerable” and “responsible,” as able to answer for one’s conduct and obligations or trustworthy.

Over the last 10 years, I’ve witnessed a shift in the balance between the emphasis on the leader’s responsibility and accountability for his or her Soldiers, and less on individual Soldiers. Much too often, leaders are considered as failing if their Soldiers get into any trouble.

The individual accountability and responsibility of Soldiers seems to be waning as more emphasis is placed on their leadership.

In garrison, the leader retains the role of teacher, coach and mentor; the individual Soldier’s responsibility for behavior is sometimes lost.

Leaders are responsible to counsel Soldiers on a path to improvement, provide tools for success, and either praise or discipline based on achievement to standards. This counsel is the foundation of critical thinking,

problem solving and the development of personal responsibility and accountability. Leaders are expected to coach, teach and mentor on a wide range of personal issues that are not directly related to the overall mission.

Leaders should not be the solution, as it results in the individual Soldier not learning and a dependence on the leader. It does not build the individual to success, and it takes away from the individual’s personal responsibility to solve his or her issues.

Instead, leaders need to instill the attributes of personal accountability and responsibility by counseling and guiding the Soldier on options and resources. Leaders are to guide and help find the solution through growth and development of personal accountability and responsibility.

Personal responsibility is evidenced in all Soldiers’ behaviors and in every action during a given day. Do they uphold the standards? Do they accomplish the mission and take ownership of the day-to-day activities in their life?

This process is a full-spectrum ownership. Their life includes, but is not limited to, their jobs; it encompasses taking care of personal aspects, such as family, readiness, finances and health.

Soldiers should be accountable and responsible for their actions on and off duty. Personal responsibility ex-



Leonard

tends beyond the personal circle to include ensuring that teammates also uphold the standards and are personally accountable and responsible. This growth is Soldier and leader development at its very core.

Tripler Army Medical Center uses a variety of platforms to address personal responsibility and accountability. In addition to the common educational forums, such as junior and noncommissioned officer development programs, Sexual Harassment/Assault Response and Prevention and Equal Opportunity, Tripler uses other platforms that focus on the individual’s responsibility to the organization as a whole. These include Nursing Practice Councils, Team Strategies and Tools to Enhance Performance and Patient Safety (TeamSTEPPS) and daily huddles.

We consistently promote individual responsibility and accountability to the team. Much like a set of blocks arranged to form a greater shape; first the pieces must be molded to fit with the other pieces.

I encourage every NCO to promote and instill the following: Take pride in accomplishments and work ethic, learn from mistakes, mature with every challenge or problem, and take an honest self assessment.

Everything starts with personal choice. It always begins with the individual. Soldiers that demonstrate personal responsibility and accountability build teams and organizations that achieve greatness.

*(Editor’s note: Leonard is the chief clinical noncommissioned officer for TAMC.)*

## FOOTSTEPS in FAITH

# Why do some people wear the cross?

**CHAPLAIN (MAJ.) SCOTT KOEMAN**  
2nd Stryker Brigade Combat Team  
25th Infantry Division

Have you ever been around a group of Soldiers who served together on deployment?

If you listen to them for long, you will notice that they’ll refer back to their deployment and some of the most significant highlights of their tour.

Anyone who has gone through a tough experience together recalls the hardships and reminiscences about it. We all do it. Sometimes, it can seem like we have some strange fascinations with some hard to deal with stuff, but for those of us who have been there and done that together, it is a real bond and quite normal.

Christians do the same. It can seem strange for those who don’t understand much about Jesus Christ. If you’re not a Christian, you may wonder why Christians focus on the cross and the death of Jesus so much.

Why do Christians wear crosses around their necks? Some people, Christians and non-Christians, even have the cross or Jesus’ crucifixion tattooed on their body. It can seem like a morbid fascination with death.

Let me explain it a little. The death and resurrection of Jesus is to Christians what the sun is to the Earth. Without it, there is no life. Christians focus on the cross because they believe Jesus died on the cross.

Before Jesus died on the cross, people were required to make a blood sacrifice of an animal to pay (cover) the penalty of their sin. Some cultures and religions around the world have practiced blood sacrifices for centuries, before and after Jesus died on the cross. However, the death of an animal is not the same as the death of a person. And no regular person can pay the price for another person.

As an illustration, if I am broke and only have \$5 to my name, and you ask me for \$10,000, so you can pay off your car loan, I’m sorry, but I’m financially broke. I cannot help you. The same is true with my spiritual condition. I am not able to pay to God what I owe him, and I certainly cannot pay him for what anyone else owes him either.

For Christians, Jesus is not merely a person; Christians believe he is the Son of God, and that he never committed a sin. Jesus was perfect. Therefore, Jesus’ death on the cross is like the one trillion dollar payment to the 20th power. He is able to pay the debt for everyone who asks.

If we ask Jesus to pay the price of our debt to God for our sin, then we can be set free from our debt. Christians call that forgiven.

Tying it all together, many Christians may display the cross because it is a symbol of their sins having been forgiven. Therefore, out of gratitude and a constant reminder, many Christians wear the cross.

## Getting it Straight

In the Sept. 13 issue of the Hawaii Army Weekly, the photography credit for the top photo, p. A-1, for the story “25th CAB receives new UH-60M Black Hawks,” was misidentified. The photographer is 1st Lt. Crystal Karp.

# Voices of Ohana

September is National Preparedness Month.

“Name two items you always have on hand to remain prepared.”

Photos by 94th Army Air and Missile Defense Command Public Affairs



“I keep food and water and my son’s medicine in our disaster preparedness kit.”

**Sgt. Kimberly Buenavista-Bowins**  
Light wheel mechanic, 94th AAMDC



“I store food and water as well as a small weather radio with batteries.”

**Pfc. Chakera Harris**  
Supply clerk, 94th AAMDC



“I have been through a hurricane before; bottled water and canned goods are a must.”

**Pfc. Ronnie McNulty**  
HR specialist, 94th AAMDC



“I have a first aid kit and water.”

**Pfc. Nigel Moore**  
Supply specialist, 94th AAMDC



“I keep flashlights with batteries and food and water in a storage area.”

**Maj. Scott Stephenson**  
Plans officer, 94th AAMDC



# JPAC hosts POW/MIA recognition at 10 a.m.

Annual event honors sacrifice, commitment made by nation’s heroes

**JOINT POW/MIA ACCOUNTING COMMAND**  
Public Affairs Office

HONOLULU — The Joint POW/MIA Accounting Command will honor our nation’s heroes and commemorate National POW/MIA Recognition Day, today (Sept. 20), 10 a.m., at the National Memorial Cemetery of the Pacific.

This year’s program will be led by Air Force Maj. Gen. Kelly McKeague, commander, JPAC.

The keynote speaker, former Air Force pilot Guy Gruters, was a prisoner of war for five years during the Vietnam War. He completed more than 400 combat missions and was shot down twice during his service. He was captured after his second shoot down on Dec. 20, 1967, and held as a prisoner of war for five years. He was ultimately released as part of Operation Homecoming in 1973.

Highlights at this year’s Recognition Day include a wreath laying ceremony, speeches and a rendition of taps played in honor of former prisoners of war and those still missing in action. Organizations are welcome to participate in the wreath laying ceremony by laying a wreath or flowers.

The ceremony is free and open to the public. Appropriate attire for the event is military Class



B or service equivalent, or civilian casual or aloha wear.

The ultimate goal of the Joint POW/MIA Accounting Command, and of the agencies involved in returning America’s heroes home, is to conduct global search, recovery and laboratory operations in order to support the Department of Defense’s personnel accounting efforts ... “Until They Are Home.”

### Online Resources

Review frequently asked questions and learn more about “keeping the promise” to POW/MIA Americans. Visit these sites:

- [www.dtic.mil/dpmo/](http://www.dtic.mil/dpmo/) and
- [www.jpac.pacom.mil/](http://www.jpac.pacom.mil/).

accounting effort began in the 1970s.

Here are current statistics:

- World War II: 73,661
- Korean War: 7,906
- Cold War: 126
- Vietnam War: 1,644
- Iraq & Other Conflicts: 6

There are approximately 84,000 missing service members from our nation’s past conflicts.

# Sept. marks preparedness

**U.S. ARMY GARRISON-HAWAII**  
Public Affairs Office

WHEELER ARMY AIRFIELD — Emergencies affect hundreds of people every year.

One may hit Army Hawaii and affect you and your family.

When emergencies occur, military and civilian organizations respond, but it takes time to mobilize, and they focus on the most critical needs first.

As September marks the 10th annual National Preparedness Month, why should this observance be important to the Soldiers, civilians and families stationed in Hawaii, especially after so much information was put out this year for hurricane season preparedness?



Fallen trees are cleared away from a housing area. (File photo)

“Hawaii is different than any other duty station you’ve been at before,” said Joe Barker, installation management emergency officer for the garrison. “You’re surrounded by the Pacific Ocean.”

Before summer, Barker stressed preparedness for hurricanes, but Soldiers, DA civilians and family members should also anticipate heavy rains during the winter months that could bring flooding or mudslides, causing threat to life and damage to property. The same preparedness works for natural disasters, mass casualties, biological and chemical threats, radiation emergencies and terrorist attacks.

“The garrison conducted several real-world preparations. Last October, we had a tsunami, two domestic threats and two bomb threats,”

said Barker. “The garrison conducted exercises to prepare our law enforcement and first responders. We conducted all four of our school evacuation drills, moving more than 1,000 children to an evacuation site at least a quarter mile away.”

Additionally, the garrison conducted hurricane exercise Makani Pahili and a mass casualty evacuation drill partnered with the Navy, Tripler Army Medical Center, and local and federal emergency responders, added Barker.

National Preparedness Month is sponsored by the Federal Emergency Management Agency in the U.S. Department of Homeland Security. One goal of DHS is to educate the public about how to prepare for emergencies,

The Army joined DHS and FEMA in “America’s Prepareathon,” a nationwide, community-based campaign for action to increase emergency preparedness and community resilience.

All Soldiers and civilians play a pivotal role in USAG-HI’s collective preparedness, and everyone is encouraged to pledge to prepare using the Army Ready tenets: Be informed, make a plan, build a kit and get involved.

“Locally, the garrison is teaching our community about emergency management, and how important it is because of our location and the number of population. You will not be able to cope with a disaster, whether it is natural or manmade, if you are not prepared,” Barker said. “Preparedness has to start with the people.”

When disaster strikes, emergency responders address the most critical needs and may not be able to get to an area until it is deemed safe. While they work on behalf of the entire community, everyone has a responsibility to ensure their family’s well-being during times of crisis. Preparedness meets that challenge.

*(Editor’s note: Hurricane season is ongoing to Nov. 30. Visit [HawaiiArmyWeekly.com](http://HawaiiArmyWeekly.com) to learn more about hurricane preparedness.)*

### Resources

Ready Army seeks to inform the Army community of all hazards and to provide targeted preparedness information.

Through outreach and education, Ready Army calls the community to action and aims to create a culture of preparedness that will save lives and strengthen the nation.

To download resources, visit [www.acsim.army.mil/readyarmy/](http://www.acsim.army.mil/readyarmy/) or <http://community.fema.gov/connect.ti/readynpm/view?objectId=3200688>.







Col. Thomas Mackey (right, in blues), commander, 2nd SBCT, 25th ID, and Command Sgt. Maj. Michael Crosby, senior enlisted leader, 2nd SBCT, salute the brigade memorial and wreath during a wreath-laying ceremony, Sept. 11, held to honor the victims of the Sept. 11, 2001, attacks and the Soldiers who gave their lives in the resulting conflicts abroad.

# 2nd SBCT remembers 9/11

Story and Photo by  
**SGT. DANIEL JOHNSON**  
2nd Stryker Brigade Combat Team Public Affairs  
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers of the 2nd Stryker Brigade Combat Team gathered, Sept. 11, for a memorial ceremony marking the 12th anniversary of the 2001 terrorist attack upon the United States.

The ceremony at the 2nd SBCT Memorial paid homage to nearly 3,000 innocent lives lost on that day and those who gave their lives during the conflicts that followed.

“Sept. 11, 2001, is a day our generation of Americans will always remember and must be a day of memorial and observance, so we never forget innocence lost,” said Col. Thomas Mackey, commander, 2nd SBCT.

“Much like the anniversary of the attack on Dec. 7, 1941, the anniversary of 9/11 provides an opportunity for us to reflect and remember the tragic events that challenged our resolve as a nation,” said Mackey. “Not far from this very spot, Soldiers of the 25th Infantry Division were attacked by Japanese airplanes in the surprise attack that drew our na-

tion into World War II.”  
The ceremony was also to remember those who volunteered to serve and gave their lives.  
“In observing the 12th anniversary of the attacks, we must honor not only the victims of 9/11, but give particular pause to remember the members of the Warrior Brigade who have paid the ultimate price,” said Mackey. “The monument before you has the names inscribed on it of Soldiers from our brigade combat team who gave their last full measure of devotion in the fight against terrorism.”  
Their names, Mackey continued, are a reminder that even as time passes, they too will always be remembered in our hearts.  
“Their sacrifice must also never be forgotten,” he said.

**2nd SBCT Memorial**  
To learn more about warriors who gave their lives in the conflicts following Sept. 11, 2001, visit [www.warriormemorial.com](http://www.warriormemorial.com).

## HOMEcoming



JOINT BASE PEARL HARBOR-HICKAM — Family members (above) wait anxiously to greet the final group of five Soldiers with Company A, 307th expeditionary Signal Battalion, 516th Sig. Brigade, 311th Sig. Command (Theater), while Capt. James Micciche (below), commander, is reunited with his wife, Julianne upon their return from a nine-month deployment to Afghanistan, here, Sept. 12.

In Afghanistan, the Soldiers supported network operations, satellite communications, signal systems integration and trouble shooting; helped desk operations; and pulled guard duty while deployed throughout 19 different regional command locations.

One third of the company received at least one signal-specific certification from Signal University on Kandahar Airfield. (Photos by Liana Kim, 311th Signal Command (Theater) Public Affairs)



## DEPLOYED FORCES

# 524th CSSB holds candlelight commemoration downrange

**CAPT. JERRY GARNER**  
524th Combat Sustainment Support Battalion  
45th Sustainment Brigade, 8th Theater Sustainment Command

MAZAR-E-SHARIF, Afghanistan — Soldiers from 17 different countries gathered for a candlelight vigil in remembrance of the day that changed America and the world ... and started a decade of war.

Chaplain (Capt.) Mark Mastin, 524th Combat Sustainment Support Battalion, shared a solemn message of remembrance.  
“There are some 37 million reasons to remember why we are here, in Afghanistan, continuing our mission of Operation Enduring Freedom with our coalition partners,” said Mastin.

- Mastin listed five of those reasons:
- 3,497 Americans directly and immediately died in the terrorist attacks on Sept. 11, 2001.
  - 2,135 U.S. Soldiers have died in Afghanistan from 2001 to Sept. 5, 2013. “This does not include the 19,250 U.S. Soldiers who have been wounded,” said Mastin.
  - 1,101 coalition soldiers from 29 countries that died. “We are forever grateful for our coalition partners, for they, too, have suffered and feel the same as we do about freedom and about our mission,” Mastin said.
  - An estimated 16,000 Afghan civilians who have died since 2006 and the thousands who have been wounded.
  - 37 million, the number of Afghans who now have an opportunity to experience and fight to keep real freedom.

Statistics are not what’s important, said Mastin. What really matters are the people, families and loved ones behind the numbers and statistics representing real human beings. The numbers represent fathers and mothers, sons and daughters, and fallen American and coalition partners.  
Throughout Mastin’s travels around northern Afghanistan, he speaks and listens to the local Afghan people. The people of Afghanistan asked him to share their message with America and all the nations working to improve the safety and security of their homeland:  
“We are saddened for the loss of life. Their deaths were, and are not, in vain. We believe the time, money and efforts you have and continue to place into our country are not wasted,” Mastin said. “All of this has made a real difference in the quality of our lives. We are grateful for these efforts. What you have done for us cannot be measured or priced when it comes to freedom.”  
Afghans told Mastin that when U.S. troops arrived, most of them had no running water or electricity, no Internet or cell phones, and where schools existed, there were militant elements preventing children from being educated.



CAMP MARMAL, Afghanistan — Soldiers with the 524th CSSB, 45th SB, 8th TSC, take part in a candlelight vigil remembrance ceremony, here, Sept. 11. (Photo courtesy 524th Combat Sustainment Support Battalion, 45th Sust. Brigade, 8th Theater Sust. Command)



# 25th CAB conducts CRF validation with Air Force

Story and photo by  
**SGT. DANIEL SCHROEDER**  
25th Combat Aviation Brigade Public Affairs  
25th Infantry Division

HILO, Hawaii — The 25th Combat Aviation Brigade conducted a contingency response force (CRF) validation exercise from Wheeler Army Airfield to here, Sept. 11.

The exercise highlighted the CAB’s ability to quickly deploy a response force throughout the Pacific.

The small-scale exercise began when the CRF received the call for deployment and ended when all aircraft were reassembled and ready for flight at the final location.

The CRF task force, consisting of Soldiers from each battalion, began to prepare the aircraft for transportation in a C-17 Globemaster III. Once loaded in the C-17, the aircraft were transported to the final destination, downloaded and re-assembled.

“The battalions worked well together to accomplish the mission,” said Capt. Matthew Dedmon, assistant operations officer, 2nd Squadron, 6th Cavalry Regiment. “The Soldiers, from across the battalions, performed seamlessly.”

By completing the exercise in the prescribed time limit, the CAB confirmed its ability to meet the 25th ID commander’s intent of providing the U.S. Pacific Command commander with a flexible, tailored and scalable mission command headquarters supporting contingencies.

“We are shifting our focus to the Pacific after focusing on the Iraq and Afghanistan wars since 2001,” said Maj. Mark Fulmer, 25th CAB assistant operations officer. “The United States Pacific



Soldiers with the 25th CAB offload an OH-58D Kiowa Warrior helicopter, assigned to 2-6th Cav. Regt., from an Air Force C-17 Globemaster III cargo plane during a contingency response force validation exercise at Hilo Airport, Sept. 11.

Command area of responsibility requires a force to react quickly across vast distances while remaining flexible enough to respond to different incidents.”

The response force can respond to environ-

mental disasters and other aggressive situations throughout the austere jungle environments and provide vast oceanic coverage that occupies more than 50 percent of the Earth’s surface.

According to Fulmer, the 25th CAB’s duty is to

provide the best mission ready force that can quickly deploy an aviation task force supporting other units, services and countries.

The 25th CAB will assume its Pacific CRF role in October.

## SAR: CAB overcomes cultural barriers

CONTINUED FROM A-1

Qingdao (DDG118), a Luhu-class destroyer; the Linyi (FFG 547), a Jiangkai-class frigate; and a Chinese variant Harbin Z-9 helicopter. These worked in conjunction with the Navy’s USS Lake Erie (CG 70) and the 25th CAB’s UH-60 Black Hawk.

“25th CAB was exceedingly accommodating and interested in participating in operations at sea with both U.S. and PLA navies,” said Navy Capt. John Banigan, commander, USS Lake Erie. “They proved highly proficient in complex operations and overcame what appeared insurmountable barriers in language. The culture in the air certainly transcended differences among

peoples.”

During the search and rescue exercise, the 25th CAB searched for the distressed vessel in an assigned quadrant while maintaining communication with the variant Harbin Z-9 and taking direction from the USS Lake Erie.

“The search and rescue exercise was an added opportunity to develop our capabilities with the U.S. Navy,” said Col. Kenneth Hawley, commander, 25th CAB. “Our ability to plan and execute missions with the Navy increases our ability to provide support throughout the Pacific.”

The exercise marks growing coordination with the Navy. 25th CAB also coordinated with the Navy in July during deck landing qualification training.



Chinese PLAN Linyi (FFG 547), (foreground), U.S. Navy guided-missile cruiser USS Lake Erie (CG 70), (center) and PLAN destroyer Qingdao (DDG 113) operate off Oahu, Sept. 9, during a joint at-sea search and rescue exercise with Army Black Hawk helicopters assigned to the 25th CAB. (Photo by Capt. Richard Barker, 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division)





WAEGWAN, South Korea — Lt. Col. James Tuite (right) and Lt. Col. Charles Bergman (second from right), both battalion commanders with the 2nd SBCT, 25th ID, stand with Lt. Gen. Bernard Champoux (third from left), commander, 8th Army, and other members of the U.S. military delegation during a remembrance ceremony at the 303 Hill Monument near Camp Carroll.

Hill 303 was the site of a major Korean War battle where the U.S. 1st Cavalry Division defended Waegwan. (Photo by Maj. Jung hoon Park, Republic of Korea army, Military History Institute, ROKA headquarters)

# ROK, US recall 1950 Nakdong River battle

**LT. COL. JAMES TUITE**  
1st Battalion, 21st Infantry Regiment  
2nd Stryker Brigade Combat Team  
25th Infantry Division

NAKDONG RIVER, Republic of Korea — “A nation that forgets its history, has no future,” said Lt. Gen. Kook Sun Lim, deputy commander, 2nd Operational Command, Republic of Korea Army, to welcome a U.S. military delegation at a dinner commemorating the first major victory for South Korean and American forces in the Korea War.

The Nakdong River battle, which occurred two months into the Korean War, marked the first turning point in the war that started the United Nations Forces’ drive north on the peninsula.

In the 63 years since the September 1950 Nakdong River victory, the gratitude of the Korean government

towards all UN forces that assisted continues to grow.

The 25th Infantry Division was one of the units that fought at the Nakdong River. The ROK army requested 25th ID representatives to participate in the military delegation, which also included service members from 2nd ID, 1st Marine Div. and 5th Air Force. 25th ID sent representatives from 2nd Stryker Brigade Combat Team units that fought at Nakdong.

The premier event, a re-enactment of the battle, was staged at the actual battle site along the Nakdong River, Sept. 13. It included more than 500 multinational soldiers, 10 howitzers, 20 river boats, vast amounts of pyrotechnics, hundreds of props, four mega screens that displayed the live action and a brigade’s worth of fixed

See NAKDONG A-7

## POHAKULOA TRAINING AREA

# Gathering of Eagles supports warriors of 2nd SBCT

## GOE and Kona coffee farmers aid military

**MAJ. KARI MCEWEN**  
2nd Stryker Brigade Combat Team Public Affairs  
25th Infantry Division

POHAKULOA TRAINING AREA, Hawaii — Soldiers with 2nd Battalion, 11th Field Artillery Regiment, 2nd Stryker Brigade Combat Team, gathered with Hawaii Island residents for a 9/11 remembrance ceremony, Sept. 11.

The ceremony featured howitzers staged in a V formation, firing four rounds of white smoke and two rounds of high explosives in remembrance of the lives lost Sept. 11, 2001, and in honor of the service men and women who gave their lives during Operation Iraqi Freedom and Operation Enduring Freedom.

After the ceremony, Lt. Col. Jeffrey Buck, commander, 2-11th FA Regt.,

addressed his unit and the visitors in attendance.

Among those paying their respects was Robert Gowan, Hawaii state coordinator for the nonprofit Gathering of Eagles (GOE), as well as 16 Kona coffee farmers who volunteer with the organization.

GOE works closely with the United Service Organizations (USO) to provide support to Hawaii troops, both at home and abroad.

Since 2008, Gowan has worked side-by-side with Kona coffee farmers to personally pack and ship more than 3 tons of donated Kona coffee to Hawaii-based Soldiers, Marines and Sailors deployed in support of Operation Iraqi Freedom and Operation Enduring Freedom.

The Kona coffee effort first began when Gowan contacted the rear detachment commander with 2nd Bn., 14th Cavalry Regt., 2nd SBCT, to begin sending coffee to Soldiers serving in Camp Taji, Iraq.

Locally, GOE volunteers provide Sol-

diers traveling to PTA refreshments to keep them hydrated while working to move vehicles and equipment on and off the transport ships in Kawaihae Harbor.

“I really enjoyed working with my battle buddies chaining the trucks we use for training on to the shipping boat, and I know I speak for the rest of the ‘chain gang group’ when I say we appreciate the water and also all the food that was brought to us. Thanks for the support,” said Pvt. Kaquan Thomas, 225th Bde. Support Bn., 2nd SBCT.

Gowan’s Belgian Shepherd Malinois, Dixie, also has become an unofficial mascot for 25th ID units traveling to PTA for training.

In fact, Dixie attended the remembrance ceremony, but rarely made an appearance outside the vehicle once the firing started.

Gowan attributes the success of both service projects to the generosity of the Kona coffee farmers and the volunteers who run the refreshment station



Lt. Col. Jeffrey Buck, commander, 2-11th FA, 2nd SBCT, 25th ID, addresses his battalion and GOE volunteers following a 9/11 remembrance ceremony, Sept. 11. (Photo by 2nd Lt. Shea Orr, 2nd Battalion, 11th Field Artillery Regiment, 2nd Stryker Brigade Combat Team Public Affairs, 25th Infantry Division)

at the port.

“The port refreshment operation supports on average 200-300 Soldiers and Marines on any given movement day,” said Gowan.

Gowan also expressed his gratitude to the USO.

“Without the support that they provide us each month, what we do would be a lot more difficult,” he said.





POHAKULOA TRAINING AREA

# 2-11th FA defends ‘provincial capital’ at PTA

Story and photo by  
**2ND LT. SHEA ORR**  
2nd Battalion, 11th Field Artillery Regiment  
2nd Stryker Brigade Combat Team  
25th Infantry Division

POHAKULOA TRAINING AREA, Hawaii — Integrating live- and dry-fire artillery exercises into two events, 2nd Battalion, 11th Field Artillery Regiment, and elements from the 2nd Stryker Brigade Combat Team, deployed, here, Aug. 17-Sept. 22, to conduct collective training and qualify their firing platoons for future contingency response force missions.

The training was from section to platoon-level for the Best Fire Support Team (FiST) competition and a fire support coordination exercise.

Task Force 2-11th FA Regt. consisted of Co. B, 52nd Infantry Regt; 1st Bn., 21st Inf. Regt. mortars; 225th Bde. Support Bn.; and all brigade fire support teams.

Best FiST was a round robin competition, taking place amongst the fire support teams over an average of 24 hours to train and test the fire supporters. The competition began with a physical fitness test, followed by an 18-mile foot march, consisting of stations to test FiST teams on their artillery proficiency skills. The first place team, Troop C, 2nd Squadron, 14th Cavalry Regt., completed the event in just over 18 hours and was awarded the Army Commendation Medal and 2nd SBCT coins.

“It’s good training,” said Staff Sgt. Kyle Smith, Battery C FiST. “It’s good to see how my guys react under stress and identify where we are weak. Overall, though, we were able to push through it



Soldiers with Btry. B, 2-11th FA, 2nd SBCT, 25th ID, fire illumination rounds in support of the defensive live-fire scenario during a collective training and qualify event.

and came out a stronger team.”

The fire support coordination exercise, set to a defensive scenario, was the major event of 2-

11th FA’s deployment. The exercise simulated one of the brigade’s infantry battalions defending the provincial capital of a disputed region against

an enemy mechanized force.

“The defensive live-fire scenario provided us with a great opportunity to establish common operating practices with our habitually supported infantry battalion, the Gimlets,” said Capt. Daniel Mahoney, commander, Btry. B. “In addition to building on this already strong relationship, the shoot and scoot nature of the exercise challenged our Soldiers and leaders to think and fire in a challenging, realistic situation.”

The unit conducted three iterations, one for each infantry battalion in the brigade. The defending force consisted of company and battalion FiSTs: Co. B, 52nd Inf. Regt.; troopers from 2-14th Cav.; a firing battery from 2-11th FA; and two Scout Weapons Teams from 2-6th Cav.

Integrating howitzers, missiles, Strykers and OH-58 Kiowa helicopters, Task Force 2-11th FA Regt. successfully destroyed the enemy on the field of battle.

“In order to maximize the effects of fires on the battlefield, you must employ all of your fire support assets in concert with one another,” said Maj. Bob Ross, operations officer, 2-11th FA. “Conducting integrated training across the brigade is the key to learning how to utilize each weapon system effectively.”

2-11th FA is the first in a series of 2nd SBCT battalions to conduct training at Pohakuloa Training Area. Over the course of the next few months, all of the brigade’s infantry battalions will rotate through PTA and build upon the lessons learned.

2-11th FA will rotate batteries to train the integration of fire support.

## Nakdong: Ceremony commemorates first major allied victory of Korean War

CONTINUED FROM A-6

and rotary wing aviation.

It was at this battle where Gen. Walton “Jonnie” Walker issued his famous “Stand or Die” order to the 8th Army, as this was the last foothold for friendly forces on the Korean peninsula.

“This has been a uniquely incredible experience that has not only increased my understanding of the Korean War, but has vastly grown my appreciation and respect for the Republic of Korea and all Korean War veterans,” said Lt. Col. Charles Bergman, commander, 1st Battalion, 27th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th ID.

During the re-enactment, Gen. Jung-Hwan

Cho, ROK chief of staff, and Lt. Gen. Bernard Champoux, current 8th Army commander, delivered comments to the audience on the significance of the battle and the continued brotherhood shared by the ROK and the U.S.

“In just 60 years, we’ve risen from the ashes of the Nakdong and have gone from a receiver nation to donor nation. .... Thanks to the sacrifices of our UN allies, we are the country we are today,” said Cho.

Champoux echoed that sentiment, reinforcing the strong brotherhood the two armies share by repeating the old battle cry from the fierce fighting on the Nakdong: “We Go Together!”

About 8,000 Korean citizens, students, veterans and military officials were in attendance to

observe the two-hour event.

“Never have I been treated so well and shown this much respect for what we did during the Korean War,” said Jesus Rodriguez, tears in his eyes.

Rodriguez, who served with the 29th Infantry Regiment at Nakdong, and later with the 35th Infantry Regiment under the 25th Division, proudly wore his 25th ID patch.

A quote inscribed on a prominent wall at the Korean National War Museum in Seoul reads, “Our Nation honors her sons and daughters who answered the call to defend a country they never knew and the people they never met.”

To everyone who participated, it was overwhelmingly clear that the people and govern-

**The Nakdong River Battle**

The battle, also known as the First Battle of Nakdong Bulge, took place Aug. 5-19, 1950. Both sides suffered heavy casualties, and ultimately, the 4th North Korean Division was destroyed, with thousands of its soldiers deserting.

The Nakdong River Battle Museum was established in 1979 to commemorate the battle.

ment of Korea honor them as well.

*(Editor’s note: Tuite and Bergman represented the 25th ID units that fought at the Nakdong River battle.)*



# Form shortage could lead to malicious download

**U.S. ARMY GARRISON-HAWAII**  
Public Affairs Office

SCHOFIELD BARRACKS — For some time, the Army Publishing Directorate has cautioned Soldiers and Department of the Army civilians to avoid searching for forms online via search engines like Google, Bing and Yahoo.

The search results for certain forms (e.g., Form 4187, counseling forms, COLA, Stop Meal Deductions) have, in some cases, directed users to websites that could potentially contain malicious files.

Last week, the garrison advised the Army Hawaii community that Army Publishing Directorate in St. Louis has not had the DA Form 4980-18, Army Achievement Medal Certificate, in stock since early June, due apparently to a term contract printing problem.

Form 4980-18 is the highest-use sensitive form stocked at the garrison’s Forms Center (Bldg. 6042, East Range); it has been out of this form since mid-June, and no forms have been received by the center as of last week.

New forms are just now being shipped, and the garrison forms and publications control officer ex-

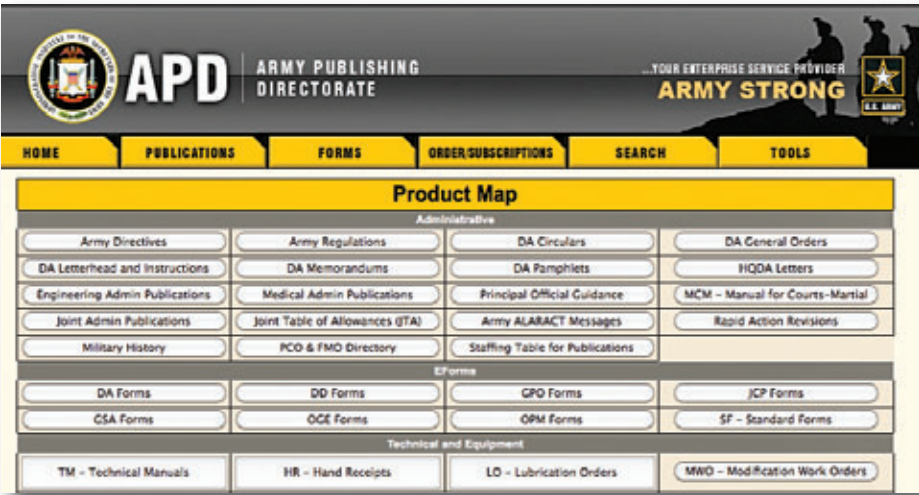


Avoid searching for forms online via search engines like Google, Bing and Yahoo.

pects this situation should resolve itself by early October when orders for this form are received at the Forms Center.

All Soldiers, including admin warriors, are instilled with the concept of finishing a mission, leading to workarounds like downloading official forms instead of waiting for them to be restocked. The Forms Center noted that it is very unusual to have a form out of stock for this long, and an advisory on this specific form was provided, Sept. 13, for all Army and civilian units who may need it.

Meanwhile, Regional Computer Emergency Response Team (RCERT-Pacific) strongly recommends that all users requiring military forms and other documents use the official Army form repository website for forms, regardless if using



(Courtesy screenshot)

home or office computers.

RCERT-Pacific recommends users bookmark this site to favorites to ensure the downloading of the official version of required documents and forms without risking accessing malicious sites.

**Electronic Forms**  
Download forms from this site:  
[www.apd.army.mil/ProductMap.asp](http://www.apd.army.mil/ProductMap.asp).



Send announcements for Soldiers and civilian employees to [news@hawaiiarmyweekly.com](mailto:news@hawaiiarmyweekly.com).

**Today**

**Signal Ball** — “Semaphores to Satellites, Global Professionals ... Guardians of the Grid” Signal Regimental Ball takes place tonight at the Hilton Hawaiian Village, 5 p.m. To purchase tickets, call 656-1723 or visit <https://einvitations.afit.edu/inv/anim.cfm?i=162557&k=0367400C7E50>.

**24 / Tuesday**

**Leadership Workshop** — Leadership can be a rewarding and challenging journey. What is the difference between leading and managing? How can self-

awareness impact your leadership effectiveness?

The workshop, 8 a.m.-12 p.m., at Ala Moana Hotel in Honolulu, is designed to be interactive, thought provoking and relevant.

Cost is \$200. Qualified participants may be eligible for up to \$100 in employment and training funds. To register, call 936-4992 or visit [www.think-training.com](http://www.think-training.com).

**27 / Friday**

**Job Fair** — The Schofield Barracks Army Career & Alumni Program hosts a job fair, 9 a.m.-1 p.m., at the Soldier Support Center Lanai (Building 750). For details and a list of companies attending, visit [www.garrison.hawaii.army.mil/acap/default.htm](http://www.garrison.hawaii.army.mil/acap/default.htm).

**October 5 / Saturday**

**Power Outages for WAAF** — Testing of the micro grid on Wheeler Army Airfield will result in intermittent electrical power outages for Buildings 104, 105, 106 and 112, Oct. 5-6, 7 a.m.-4 p.m. Call 656-3294.



Traffic Alerts report closed roads, limited routes and construction detours from Army and state advisories received by press time.

For the complete list of traffic advisories, visit [www.garrison.hawaii.army.mil/info/trafficcalendar.htm](http://www.garrison.hawaii.army.mil/info/trafficcalendar.htm).

Unless otherwise noted, all phone numbers are 808 area code.

**Today**

**Keiki Safety** — This week is National Child Passenger Safety Week. The Hawaii Department of Transportation reminds drivers about the Hawaii’s child restraint law and the dangers of noncompliance.

The state’s child passenger re-

straint law requires children under the age of 4 to ride in a federally approved child safety seat, and children ages 4 through 7 to ride in a child safety seat or booster seat. Drivers who do not abide by this law can be fined up to \$500.

Last year, the four county police departments issued a total of 2,206 child restraint citations. In Hawaii, five children under the age of 8 have died in the last five years in motor vehicle crashes.

Visit the Keiki Injury Prevention Coalition (KIPC) Hawaii website at [kipchawaii.org](http://kipchawaii.org).

**24 Hour Closure** — There will be a 24-hour lane closure on Wheeler’s Santos Dumont Avenue between Whiteman Road and Warhawk Street.

**22 / Sunday**

**Major H1 Project** — The state Department of Transportation advises the public that one-year rehabilitation project of the H-1 Freeway from Middle Street to the vicinity of Ward Avenue begins

tonight and Monday with a full freeway closure from Likelike Highway to Ward Avenue in the eastbound direction, beginning at 8 p.m.

Additional full freeway closures are scheduled during approximately three months in 2014. Information will be available on the project website, H1Rehab.com, or call 735-7465.

**23 / Monday**

**Palm Circle** — A lane of traffic in front of Shafter’s Building T-112 will be closed, making that roadway a single lane of traffic in the southwest-bound direction. The sidewalk will also be closed.

**Rice Street** — A full road closure takes place, 7 a.m.-5 p.m., on Shafter’s Rice Street between Herian Place and the Rice Street Bridge.

**Phase 5** — During the night hours, the final phase of the work on Schofield’s East Range Higgs Road will take place for two nights, 6 p.m.-4:30 a.m. Call 656-2532.



## Now Hiring!

Daily News

## ACAP sets Soldiers up for career success

SARAH PACHECO  
Staff Writer

FORT SHAFTER — Transitioning from military life back into the civilian world of ten is a stressful time for Soldiers.

But situated inside the bright-green Aloha Center building, here, is a cache of know-how and insider tips that can make this major life change all the easier.

The Army Career Alumni Program (ACAP), based both here and on Schofield Barracks, delivers a world-class transition program that empowers Soldiers to make informed career decisions and capitalize on their Army experience and skills to find a job best suited for them, post-service.

"The purpose of the ACAP office is to ensure that Soldiers have a smooth transition back to the civilian world," said Amy Ritch, an ACAP counselor at the Fort Shafter center, which serves service members stationed at Tripler Army Medical Center, Joint Base Pearl Harbor-Hickam, Camp Smith and others.

"We want to ensure that they know how to write a resume, how to job-search effectively, how to market themselves, how to negotiate salary and build networking relationships," Ritch added. "We want to make sure that they are on a track when they're getting out of the Army — whether it's an education track, a vocational track, an employment track or an entrepreneurship track — so we steer them in the right direction."

"It's no small thing, making a career transition, regardless of your pay grade," added Chip Phelps, also an ACAP counselor, here. "The idea (behind ACAP) is that they can take care of themselves and they're competitive in the workforce when they hit the bricks on the other side of the streets."

Simply put, ACAP is all about setting Soldiers up for success by providing the following services:

- Mandatory preseparation counseling;
- Individual counseling and employment assistance;
- Resume writing;
- Interviewing skills;
- Salary negotiation;
- Special employment assistance workshops and events;
- Department of Labor three-day Transition Assistance Program (TAP) Employment Workshop (offered at the Schofield Barracks

ACAP Center only, due to space availability);

- Monthly Veterans Affairs benefits and disability briefings;
- Tricare and Social Security disability briefings; and
- Financial planning workshops and personal counseling.

Soldiers are advised to contact ACAP no later than two years prior to retirement and no later than 18 months prior to expiration term of service (ETS).

"There's so much to do when you transition out of the Army that if you wait until the last-minute, you're going to scramble to try to cram everything in," Ritch cautioned. "Your job search is a full-time job."

National Guard and Reservists need to attend ACAP, as well, Ritch noted.

"They need to come in at least 12 months prior to REFRAD (release from active duty), and at least two years prior to retiring," she said.

Crucial to the transition process, according to Ritch, is the one-on-one time Soldiers receive with a counselor, who will help them set goals, refer them to appropriate services and sign them up for mandatory workshops.

"They are encouraged to come back for follow-on counseling ... to review resumes and conduct mock interviews," Ritch added. "Sometimes, they'll say they have two job offers and don't know which one to take, so we talk about comparing jobs and what to look for, negotiating salary and all of that."

"We want to make sure that they're prepared and answer any questions they may have," she added.

In addition, the ACAP center regularly posts job announcements and provides books, computers and other resources pertinent to the job-finding process.

"We also encourage spouses to participate in ACAP," Ritch said. "They can attend workshops and meet with the counselors, as well."

As mandated by the Veterans Opportunity to Work (VOW) Act, training requirements

must be completed prior to separation from the Army, and an Army Transition Program Exit Survey must be completed before issuance of clearance papers.

There are new timelines for transitional training prior to a Soldier's separation; see ACAP VOW Checklist and Transition "Not Later Than" Timeline under the "Resources" tab of the ACAP homepage, [www.acap.army.mil](http://www.acap.army.mil).

In addition, Soldiers are recommended to have a final resume and at least one of the following transition products upon separation:

- A letter of acceptance from a college or university,
- A job offer, or
- A list of job openings the Soldier can qualify for.

"They have to have the skills in order to be able to survive when they get to the outside and to prevail in the new jobs that they land," Phelps said. "Their retirements aren't going to be enough, if they even get a retirement."

ACAP is a commander's program, and commanders at all levels of the Army are directed to embrace transition policies and encourage greater participation by Soldiers by actively ensuring their Soldiers begin transition no later than 12 months from their scheduled departure from the Army and continue their participation in ACAP until they are discharged.

"It's really important that the senior command continues to get the word out," Phelps said. "They are totally responsible for being sure that the Soldier gets what he or she needs, and they share that (responsibility) with us."

"We're helping a Soldier step out of fear," he continued, "and that's really what this is all about — getting the job, and getting out of the fear of how to get the job. And our job is to help empower them enough with the skills and self-confidence that they can do it."

## Upcoming Events

The Army Career Alumni Program hosts a job fair, 9 a.m.-1 p.m., Sept. 27, at the Nehelani Bungalow and Conference Center, 1249 Kulekole Ave., Schofield Barracks, with employment, technical entrepreneurship and education opportunities for ACAP clients, veterans and military spouses. Among participating companies and agencies are Aerotek, Army & Air Force Exchange Service, Bella Torre Academy, Diagnostic Laboratory Services Inc., Firestone Complete Auto Care, Gate Gourmet Inc., H&R Block, Hawaiian Pacific University, Hawaiian Electric Company, Island Palm Communities, Longs/CVS, Microsoft, Navatek Ltd, Rodan + Fields Dermatologist, Troops to Teachers and U.S. Department of Veterans

Affairs, to name a few. Also, the Fort Shafter and Schofield Barracks ACAP centers have weekly workshops scheduled throughout the remainder of the month.

For details and updated information on any of these events, visit [www.garrison.hawaii.army.mil/acap/default.htm](http://www.garrison.hawaii.army.mil/acap/default.htm).

## ACAP locations

The Fort Shafter Army Career Alumni Program office is located in the Aloha Center, Building S330, Room 110. Hours of operation are 8 a.m.-4 p.m., Mondays-Wednesdays and Fridays, and 1-4 p.m., Thursdays. Call 438-9735.

Schofield Barracks' ACAP office is in the Soldier Support Center, Building 750, Room 134. Hours of operation are 7:30 a.m.-4 p.m., Monday-Friday. Call 655-1028, ext. 5.

To learn more about the ACAP program, "like" the Schofield Barracks ACAP page on Facebook or visit [www.acap.army.mil](http://www.acap.army.mil).



FORT SHAFTER — ACAP counselors Amy Ritch and Chip Phelps welcome Soldiers to visit the ACAP office, here, to receive pre-separation counseling and training. (Photo by Sarah Pacheco, Honolulu Star-Advertiser)





## Briefs

### Today

**Lei-Making Workshop** — SB Arts and Crafts Center hosts the Hawaiian tradition of lei making every third Friday of the month from 1-3 p.m. Call 655-4202 for preregistration.

**21 / Saturday**  
**SB National Day for Kids** — CYSS hosts a day of fun, including free food, bouncers, live DJ, games and a SKIES Expo, 10 a.m.-2 p.m. at the SB School Age Center. Call 655-5314.

**22 / Sunday**  
**NFL Sundays** — Tropics Warrior Zone offers all the NFL games. Facility opens half hour before the first game starts.  
Tropics will also feature Monday night and Thursday night NFL games. Patrons 18 and older welcome; call 655-5698

**Sunday Brunch** — Enjoy Sunday brunch, 10 a.m.-1 p.m., at FS Mulligan’s Bar & Grill. Call 438-1974.

**23 / Monday**  
**Mongolian Barbecue** — Select your favorites from a large variety of meats and vegetables, 5 p.m., every Monday at Kolekole Bar & Grill, and grilling will be to your liking. Cost is 65 cents for each ounce. Call 655-4466.

**Workweek Lunch** — SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974) offer daily lunch from 11 a.m.-1 p.m. Enjoy buffet style or menu items.

**Sand Volleyball** — Join weekly competition on Mondays; game starts at 6 p.m., SB Tropics Warrior Zone. Call 655-5698.

**24 / Tuesday**  
**FS Preschool Story Time** — Take your toddlers to the library; different theme and story each week at 10 a.m., every Tuesday.

**Taco Tuesday Night** — SB Kolekole Bar & Grill offers three tacos, rice and beans specials for \$4.99. Call 655-4466.

**8-Ball Pool Tournament** — Join this popular weekly competition, starting at 6 p.m., Tuesdays, at Tropics Warrior Zone, SB. Best two out of three plays for the champion title on the last Tuesday of the month. Free to play. Call 655-5698.

## community calendar

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

**Today**  
**Aloha Festivals Craft Fair** — Hyatt Regency Waikiki Beach Resort and Spa invites the public, 10 a.m.-6 p.m., to the third annual fair located in the Great Hall, ground floor, of the property. The employee halau (hula troop) will perform shortly before the regularly scheduled free Aloha Friday performance, 4:30-6 p.m. Call 923-1234.

**21 / Saturday**  
**Bishop Museum** — Grand unveiling of the Pacific Hall, 9 a.m.-9 p.m., Bishop Museum, 1525 Bernice St. Features an all-day celebration of Pacific food, fashion, films, lectures, art, music, dance, poetry and prose. Free admission. Visit [www.bishop-museum.org](http://www.bishop-museum.org).

**Aloha Festivals Ho’olaule’a** — Celebrating its 61st year, Waikiki’s largest block party will kick off with



HONOLULU — The renovated Bishop Museum Pacific Hall will be showcased for free public visits, Saturday, Sept. 21. The two floors are filled with key artifacts and objects uncovered during the archeological expeditions mounted by Bishop Museum researchers over the last century in Tahiti, Marquesas, Cook Islands, Samoa, Tonga, Fiji, China and Taiwan. (Image courtesy Bishop Museum)



These tall, finely carved wooden slit drums stand at the entrance to the Pacific Hall at the Bishop Museum, and are part of the newly renovated exhibit, opening to the public, Sept. 21. (Photo by David Franzen)



A key component of the newly renovated Pacific Hall is a canoe, which was the most important tool in the story of Pacific migration. This canoe overlooks the hall and came from Fulunga Island in southern Fiji and was refurbished by John Koon, master mariner, marine suveyor and rigger. (Photo courtesy Bishop Museum)

**25 / Wednesday**  
**Sgt. Yano Library** — Catch Preschool Story Time at the SB library, 10 a.m., each Wednesday. Features a different theme and story. Call 655-4707.

**BOSS Meetings** — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming programs. Call Spc. Jennifer Coggins, BOSS president, 655-1130.

Attend these meetings:  
•North meetings, 2 p.m., 1st and 3rd Wednesday, Tropics Warrior Zone.  
•South meetings, 11 a.m., 2nd and 4th Wednesdays, FS Bowling Center.

**Keiki Night** — Every Wednesday night is Keiki Night, 5-8 p.m., at Kolekole Bar & Grill (SB, 655-4466) and Mulligan’s Bar & Grill (FS, 438-1974). Kids under 10 eat for a special price from the keiki menu.

**26 / Thursday**  
**Clay Hand Building Workshop**

— Learn to work with clay from the experts at the SB Arts and Crafts Center, 1-3 p.m., Thursdays. Initial session is \$25; additional sessions are \$5. Call 655-4202 for preregistration.

**Pau Hana Social Hour** — Kolekole Bar & Grill hosts an after-work fun time, 4:30-6:30 p.m., Monday-Wednesday, and 4-6 p.m., Thursday-Friday. Enjoy discounted appetizers and domestic draft beverages. Call 655-4466.

the arrival of the Royal Court, 7 p.m. Multiple stages of entertainment, lots of food, lei vendors and Hawaiian crafters will be spread along the world famous Kalakaua Avenue. Free admission.

**22 / Sunday**  
**Molokai to Oahu Canoe Race** — Meet the women finishers of the 35th Na Wahine O Ke Kai 40-mile paddling event at the Hilton Hawaiian Village. Teams from around the world compete in the open ocean race that begins at Hale O Lono Harbor, Molokai, at 7 a.m., with an afternoon finish in Waikiki. Visit [www.nawahineokekai.com](http://www.nawahineokekai.com).

**26 / Thursday**  
**Speechcraft** — Paradise Club, a local Toastmaster’s International Group, invites the public to Speechcraft, 5:30-6:30 p.m., Thursdays, in the Orthopedics Center, TAMC, near the mauka entrance of the center, Sept. 19-Nov. 14.  
Speechcraft is a specially designed workshop from Toastmasters International that shares fundamental tools for effective public speaking and presentation skills. The workshop is eight weeks and \$10 for the


entire series.  
Contact Norm Scofield at 739-4332 or email [norm.scofield@clearwire.com](mailto:norm.scofield@clearwire.com).

**“Hawaii Five-O” Premiere** — CBS’s “Hawaii Five-O” season four premiere begins with a free viewing and live appearances by the show’s stars, 6-8 p.m., Queen’s Beach, Waikiki. Special performance by the Jonas Brothers, following the premier. Open to the public.

**27 / Friday**  
**Hispanic American Heritage 5K Run** — 500th Military Intelligence Brigade will host the run, 6:30 a.m., Sept. 27, SB Weyand Field. All Soldiers, civilians and family members are invited.

**28 / Saturday**  
**Floral Parade** — Aloha Festivals event begins at 9 a.m., from Ala Moana Park to Kapiolani Park.

**October 10 / Thursday**  
**AMR National Night Out** —IPC will host the second National Night Out celebration, beginning at 4 p.m., with a parade of exhibitors, Oct. 10, at the

 Aliamanu Community Center. This free event features exhibits, bouncers and live entertainment; it ends with a movie on the lawn at 6:30 p.m. Bring chairs and blankets.

**Ongoing**  
**Holiday Card Lane** — Both SB and FS will host a holiday lane card competition for display Nov. 25-Jan. 6, 2014. Unit entry forms should be completed now through Nov. 15, and sponsoring unit/staff office/agency should purchase supplies now, to provide necessary labor, materials and funding for display.  
Entry forms are located at the FMWR website, [himwr.com](http://himwr.com), or call the FMWR Special Events office, 655-0113.  
Awards for best presentations will be presented at the Holiday Tree Lighting ceremonies on Dec. 3 (SB) and Dec. 5 (FS).

**Children’s Waiting Room** — The ASYMCA Children’s Waiting Room offers on-site child care for healthy children whose parents or siblings have medical appointments

See COMMUNITY CALENDAR, B-5

## worship Services

Additional religious services, children’s programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel  
FD: Fort DeRussy Chapel  
HMR: Helemano Chapel  
MPC: Main Post Chapel, Schofield Barracks  
PH: Aloha Jewish Chapel, Pearl Harbor  
SC: Soldiers’ Chapel, Schofield Barracks  
TAMC: Tripler Army Medical Center Chapel  
WAAF: Wheeler Army Airfield Chapel

**Buddhist Services**  
•First Sunday, 1 p.m. at FD  
•Fourth Sunday, 1 p.m. at MPC Annex

**Catholic Mass**  
•Thursday, 9 a.m. at AMR  
•Saturday, 5 p.m. at TAMC, WAAF  
•Sunday services:  
- 8:30 a.m. at AMR  
- 10:30 a.m. at MPC Annex  
- 11 a.m. at TAMC  
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

**Gospel Worship**  
•Sunday, noon. at MPC  
•Sunday, 12:30 p.m. at AMR

**Islamic Prayers and Study**  
•Friday, 1 p.m. at MPC Annex  
•Friday, 2:30 p.m., TAMC  
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

**Jewish Shabbat (Sabbath)**  
•Friday, 7:30 p.m. at PH

**Pagan (Wicca)**  
•Friday, 7 p.m. at MPC Annex Room 232

**Protestant Worship**  
•Sunday Services  
-8:45 a.m. at MPC  
-9 a.m., at FD, TAMC chapel  
-10 a.m. at HMR  
-10:30 a.m. at AMR  
-10:45 a.m. at WAAF (Spanish language)  
-11 a.m. at SC (Contemporary)  
**Liturgical (Lutheran/Anglican)**  
•Sunday, 9 a.m. at WAAF

## This Week at the MOVIES

Sgt. Smith Theater

Call 624-2585 for movie listings or go to [aafes.com](http://aafes.com) under realtime movie listing.

**Elysium**  
(R)  
Fri., Sept. 20, 7 p.m.  
Sat., Sept. 21, 6 p.m.



**Percy Jackson: Sea of Monsters**  
(PG)  
Sat., Sept. 21, 2 p.m..

**Turbo**  
(PG)  
Sun., Sept. 22, 1 p.m.

**Planes**  
(PG)  
Sun., Sept. 22, 5 p.m.  
Thurs., Sept. 26, 7 p.m

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations		
8th TSC: 8th Theater Sustainment Command	ASYMCA: Armed Services YMCA	Recreation
25th ID: 25th Infantry Division	BCT: Brigade Combat Team	FRG: Family Readiness Group
ACS: Army Community Service	BSB: Brigade Support Battalion	FS: Fort Shafter
AFAP: Army Family Action Plan	Co.: Company	HMR: Helemano Military Reservation
AFTB: Army Family Team Building	CYSS: Child, Youth and School Services	IPC: Island Palm Communities
AMR: Aliamanu Military Reservation	EFMP: Exceptional Family Member Program	PFC: Physical Fitness Center
	FMWR: Family and Morale, Welfare and	SB: Schofield Barracks



# Successful weekly family night program returns

**JACK WIERS**  
Pau Hana Editor

SCHOFIELD BARRACKS — The return of the popular weekly family night programs at both Schofield Barracks and Aliamanu Military Reservation, this month, means a busy time for the U.S. Army Garrison-Hawaii’s Religious Support Office.

Tuesday evenings, beginning at 5:30 p.m. at the AMR Chapel, and Wednesdays at the Schofield Barracks Main Chapel, a comprehensive weekly family resiliency program, for all ages, begins with a free dinner.

“There’s a lot of energy, particularly at the beginning of the evening with the dinner,” said Col. Peter Mueller, USAG-HI chaplain. “This is a big operation with dozens of people involved, ranging from unit chaplains to child care-givers to program experts.”

Following dinner, a variety of classes are offered, ranging from financial workshops to parenting to marriage counseling for adults, while Family and Morale, Welfare and Recreation’s Child, Youth and School Services provides professional child care to the smallest members of the family.

A robust teen program features specially designed activities for young people from middle school age through high school.

If past years are any barometer, several hundred children, teens and parents will participate each week in each location. A documented 13,947 attended the sessions during 2010, for example, when the program was nominated for an Army Quality of Life Award.

“It started in 2001, after 9/11, as ‘Deployment Survival Night,’” said Deborah McSwain,



Children in the Middle School Youth Group show some enthusiasm at last year’s Family Resiliency Night. (Photos courtesy Chaplain (Col.) Peter Mueller, U.S. Army Garrison-Hawaii)

who has been with the program from the start and heads the Schofield Barracks effort.

McSwain then marshaled a broad range of help, using her social work background, to marshal support from garrison and community agencies for the initial effort as the first deployments neared. The result was a cohensive

family resiliency program designed to address a broad range of spiritual, emotional and social needs unique to military families.

The concept took hold and eventually blossomed into weekly events. Army Community Service professionals assist with many of the programs, that include a range of workshops for the fall of 2013.

Mueller believes the connection with young people helps fuel the overall success of the program. An estimated 70-100 young people typically attend a Schofield chapel’s Family Night, and that, in turn, fosters family participation.

“(U.S.) Garrison-Hawaii has, for many years, had one of the most successful youth ministry programs in the Army,” Mueller said. “It connects with kids, and in turn, frees up families to meet the whole families’ needs.”

The Family Night program is designed, to be a “pluralistic” inclusive concept, according to Mueller, and to make families of any and all faiths and beliefs welcome.

- Schofield Workshops**

These workshops are available at Schofield Barracks:

  - Financial Peace University, a 13-week money management class with the ACS Financial Readiness Program;
  - Balanced Warrior, which explores mental, emotional, social, spiritual, educational and occupational resiliency (Army Substance Abuse Program);
  - Love & Respect, a marriage class with Chaplain (Capt.) Carlos Molina;
  - The Daniel Plan, incorporating healthy, whole food lifestyle habits;
  - Parent and Adult Support Groups, including monthly sessions for parents of children with Down Syndrome or autism, conducted by ACS and the Exceptional Family Member Program;
  - 123 Magic, which provides practical advice for parents of children ages 2-12 by ACS.

- AMR Workshops**

These workshops are available at AMR:

  - Pacific Club, for youth grades 6-12;
  - Child Care, for ages 6 months-4 years;
  - Financial Peace University, a 13-week money management class with the ACS Financial Readiness Program;
  - Bible Study Classes, including “Experiencing God,” “The Book of Job” and “How People Change.”



Instructor Kevin Knight leads a youth class during last year's Family Resiliency Night. (Photo has been altered from its original form; background elements have been removed.)

## Briefs

CONTINUED FROM B-2

### 27 / Friday

**Hawaiian Luau Lunch Buffet** — SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974)

host local style food, 11 a.m.-1 p.m., every last Friday of the month, for \$14.95.

## Ongoing

**MWR Operation Rising Star** — Registration is underway now until Oct. 4 at the Nehelani or online at [www.hi.mwr.com](http://www.hi.mwr.com) for the individual singing competition to be held at the SB Nehelani, in October as follows:

- Round 1, Oct. 10, elimination round; sung a-cappella.
- Round 2, Oct. 17, semifinals.
- Round 3, Oct. 24, finals.

Similar to American Idol and other televised competitions, participants will be judged by a panel of judges and an audience of peers; they compete each week for the chance to win the local \$500 first prize.

The local winner advances to the Armywide competition for the chance to win the “Ultimate Recording Music Experience,” i.e., to record a professional demo.



BATTALION CROSS COUNTRY



SCHOFIELD BARRACKS — Members from the 8th Special Troops Battalion, 8th Theater Sustainment Command, women's cross country team compete in the 2013 Men's and Women's Battalion-Level 10K Cross Country Champion, held from Stoneman Athletic Complex to Watts Field, Saturday.

The lone women's team entry included (from left to right) Sgt. Thanya Williams, Lt. Col. Dawn Romero, 1st Lt. Lacrystal Graham, Staff Sgt. Maria Estrada, Spc. Tarisha Sanders and Sgt. 1st Class Roxana Carr.

Soldiers with the 1st Bn., 14th Infantry Regiment, 2nd Styker Brigade Combat Team, 25th Inf. Division, captured the first-place finish in the men's division. (Photo by Michael Kim, Sports, Fitness and Aquatics Office, U.S. Army Garrison-Hawaii)

# Trying to teach hips illogical things makes no sense

Out of sheer boredom and motivation to reduce my ever-expanding waistline, I somehow found myself trying a Zumba class at the base gym this week.

An old veteran of the now out-of-style step aerobics craze, I figured, “How hard could it be?”

Gyms across the nation are now offering Zumba classes, which incorporate salsa, meringue, hip-hop, African beats, samba, reggaeton, cumbia, Bollywood and belly dance moves into group fitness routines.

I had seen a Zumba DVD infomercial once, with spandexed men and women writhing and jumping to Latin, Caribbean and tribal beats, claiming that you could “party yourself into shape.” It made exercise look more like a wild night out in Tijuana than a workout, so I was intrigued.

After placing my keys and water bottle in the corner of the exercise room, I tried to find a spot where I could remain anonymous. I was relieved to find that our instructor looked like a middle-aged mom, just like me, and did not have a figure that screamed, “I am about to kill you.”

She put on some catchy Latin music, and next thing you know, I was kickball-changing, single-single-doubling, and body rolling my



THE  
MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI  
Contributing Writer

way around the room as if I had been doing it all my life.

But after 30 minutes, the mild-mannered instructor bid us all adieu and told us that our “warm up” was finished. The real Zumba class was about to begin, and the real instructor would arrive momentarily. What?

I had only a moment to wipe the sweat from my brow and slurp some water, when in walked a woman with Beyonce’s muscular thighs, Pamela Anderson’s generous bust and Charro’s rolling “R.”

Suddenly, driving African beats blared from the sound system, and using only crazed facial expressions and minimal hand motions, Charro ordered us to rhythmically gyrate and flail our arms while in a semi-squat position.

A few minutes later, we had moved on to

reggaeton, whatever that is, and were ordered to stick out our rear ends and rotate our hips in complete circles from right to left while pumping our hands out in front of us. I was able to rotate my hips counter-clockwise, but when she asked us to go the opposite direction, I was unable to maintain the fluid roll of my hips, jerking awkwardly from side to side.

I thought this might be due to the magnetism of the Earth’s polls. Like toilet bowl water, I can swirl one way in the Northern Hemisphere, but would have to travel south of the equator to be able to rotate my hips in the other direction.

Halfway through the class, I was soaked with sweat, and we hadn’t even gotten to salsa and meringue.

Despite the fact that everyone around me seemed to have the basic salsa steps down pat, I was so confused, I just marched in place. And meringue, for me, was more of a lesson in how to sprain one’s ankle. I prayed that it would all be over soon.

Somewhere between the Brazilian samba and the Columbian cumbia, Charro started

jumping three feet into the air. Like lemmings, we followed. Finally happy to have a dance move I could understand, I leapt like a gazelle. But then I remembered, I am 47 years old and have given birth to three large babies. My in-nards are not where they used to be.

Thankfully, the jumping routine ended before my uterus broke loose, and we moved onto our final dance, Bollywood. At first, it seemed that Charro was merely putting us through a cruel endurance test when she demanded that we get into a deep plie squat while holding our arms out in a sort of King Tut position. Just as my quads were about to snap, she began to twist and turn her torso back and forth, rising like a cobra from a basket.

I left the class feeling exhausted, sweaty and humiliated. I realized that my northern European genes made it nearly impossible for me to perform the sexy writhing movements of Zumba.

But interestingly, my stomach had performed its own wiggling dance all by itself, and at least I could be proud that it had kept perfect time to the beat.

(A 20-year military spouse and mother of three, Lisa has plenty of humor to share in her column, “The Meat and Potatoes of Life,” at [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com).)



# HHC, 516th fights elementary school overgrowth

**LIN CLARK MILLER**  
516th Signal Brigade  
311th Signal Command (Theater)

FORT SHAFTER — The dog days of summer have wound down, so the children who live on and near this installation have made their way back to Maj. Gen. William R. Shafter Elementary School, here, Aug. 5, for the first day of school.

Yet, the overgrown campus that greeted students and parents was surprising.

One parent’s surprise became resolve after seeing how Hawaii’s extended growing season and minimal custodial staffing at the school had allowed weeds to dwarf many of the students.

Capt. Christopher Stacy, commander, Headquarters and Headquarters Company, 516th Signal Brigade, decided to partner with the school and bring volunteers from his unit to help tame the wild weeds and give the campus, including the popular area called the “Turtle Path,” back to the students.

“When I saw that the children had to maneuver through waist-high weeds just to raise the colors on the first day of school, I knew that I needed to take action,” Stacy said. “My son, Christian, is in his third year here and has experienced nothing less than a positive and caring learning environment. It would be selfish of me to not give back knowing the difficulties that the school faces.”

When Stacy took his idea to the top school administrator, Principal Alison Higa explained that budget cuts and sickness within the custodian ranks accounted for the situation. Also, faced with budget constraints similar to the military’s, the school has lost personnel, resulting in difficulty maintaining the grounds. She gladly accepted his assistance.

“We employ one full time and two half-time custodians, one of which is currently on medical leave,” said Higa.

During the first week of school, four Soldiers spent their free time, before and after work,



Members of Headquarters and Headquarters Company, 516th Signal Brigade, 311th Sig. Command (Theater), pause for a photo next to the Maj. Gen. William R. Shafter Elementary School. They donated their time to whack weeds and pick up trash, Sept. 6.

Volunteers include (from left) Pfc. Danny Gonzalez, Pfc. Jared Brooks, Spc. Daniel Page, Staff Sgt. Andrew Warrington (kneeling), Sgt. Robert Bennett, Sgt. Shannon Smith, Pvt. Kalynn Mims (standing), Spc. Brittany Jones, Spc. Markus Johnson, Staff Sgt. Bourheng Insisiengmay and Capt. Christopher Stacy, commander, HHC, 516th Sig. Bde. (Photo by Alison Higa)

cutting the grass and weeds around the school grounds. Eleven more showed up before duty on Sept. 6 to pick up trash and cut more grass.

Although not a parent, Pfc. Randy Russell, an intelligence analyst, jumped at the chance to help out.

“I volunteered as soon as I was made aware of the opportunity,” Russell said. “It felt great. Giving back to the community is always a positive feeling.”

Spc. Brittany Jones, another intelligence analyst, agreed, calling the deed “exhilarating.”

“My company, myself included, value the youth of Fort Shafter and take pride to call this place home,” she said.

Jones’ 2-year-old son is part of the reason she will continue to volunteer at the school.

“My son may attend Fort Shafter Elementary,” she said. “I will continue to assist, so that while he’s there he can share this pride of where he and his friends get an education.”

Pvt. 2nd Class Kalynn Mims, information technology specialist, isn’t a parent, but found the endeavor enjoyable.

“Helping with cleaning the campus was actually really fun, and it made me feel really good inside,” she said. “I love helping people, period. ... To know that my help is making a better environment for children to learn, explore and grow makes me feel even better.”

Higa shared that the manicured grounds were well received, and thanked Stacy.

“We are so appreciative of your gracious offer to assist our custodian,” Higa said.


Stacy also plans area beautification, like providing school flower beds with much-needed tender loving care. He said they may take their efforts indoors.

“Edging, painting and policing are just a few tasks that we will look into in the coming weeks,” Stacy said, adding, “The school also has a computer lab that was in rough shape last year, so we will see if we can assist in that area, too.”

Students are, once again, enjoying their school grounds.

“My son crosses the Turtle Path, daily, on his way to kindergarten,” Stacy said, “and now it is back in commission for all to enjoy.”

*(Editor’s note: Miller is the unit public affairs representative for 516th Signal Brigade.)*



community  
Calendar

CONTINUED FROM B-2

in any of the Schofield clinics or at TAMC. No fee is charged.  
SB (433-8410 ) weekday hours are

8 a.m.-noon, and 1-4 p.m.; TAMC (833-1185 ) hours are 8 a.m.-3 p.m.

**Food for Families** — ASYMCA at WAAF has an emergency food locker to assist families. It’s open 8 a.m.-2 p.m., Monday-Friday. Call 624-5645.

**Pearlridge Farmers Market** —

Browse more than 40 booths featuring Oahu produce and locally-inspired artisan foods, 8 a.m.-noon, every Saturday, Pearlridge Center Downtown, in the Sears parking lot. Visit [www.haleiwafarmersmarket.com/pearlridge.html](http://www.haleiwafarmersmarket.com/pearlridge.html).

**Legal Aid** — The SB and FS Legal Assistance offices provide free legal

assistance to active duty personnel, family members, retirees and certain Department of Defense personnel. Also, notary services and powers of attorney are available.  
Visit SB Bldg. 2037, 655-8607, or FS Bldg. 330, Rm. 110C, 438-2627.

**Free College Level Exam** — The Schofield Army Education Cen-

ter offers CLEP and DANTES Subject Standardized Tests (DSST) every Tuesday, from 9 a.m.-5 p.m., SB Education Center, Bldg. 560, Rm. 214.  
Testers must arrive two hours before closing to provide ample time to complete the tests. Study guides are available at the Learning Resource Center. Visit [hpunationaltestingcenters.wordpress.com/about/](http://hpunationaltestingcenters.wordpress.com/about/).